



# Food, Fun, and Family

**STARTING THURSDAY, MARCH 13, 2014**  
**6:30 – 8:30 PM**

**Six weekly classes to help your family eat better.**

Learn about kitchen safety, creating a healthy plate, menu planning, label reading, smart shopping and have fun!

## **OTHER FEATURES INCLUDE**

- Hands-on Cooking
- Recipe Tasting
- Free Recipes
- Resource Binder

**Classes are free, but  
space is limited.  
Register soon!**



For CalFresh information, call 1-877-847-3663. Funded by the USDA SNAP, an equal opportunity provider and employer. Visit [www.championsforchange.net](http://www.championsforchange.net) for healthy tips. California Department of Public Health

## **Arcata Co-op Community Kitchen**

8th & I Streets / 971 8<sup>th</sup> Street

across the street from the Arcata Co-op

**CALL TO REGISTER: (707) 443-6027 ext. 102**

For questions about the class, contact the instructor, Colleen Ogle @ 707-441-5560

